

20 Ways to Stay Stressed in Y2K



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- 1. Do not communicate openly by saying how you feel.**
- 2. Harbor resentment and seethe often.**
- 3. Do not feel confident in your skills, values and beliefs to express your opinions and concerns.**
- 4. Do not develop a support system of any kind.**
- 5. Practice nasty, mean, humiliating, and embarrassing and hateful behaviors towards others.**
- 6. Become a workaholic.**
- 7. Avoid the urge to manage time.**
- 8. Procrastinate, procrastinate, procrastinate.**
- 9. Do not get enough sleep or rest.**

10. Do not exercise regularly.
11. Eat and drink anything you want.
12. Increase your intake of medications and drugs.
13. Ignore everything you hear about the benefits of relaxation.
14. Adopt the Hurry-Worry syndrome.
15. Keep your problems to yourself.
16. Make every effort to not have fun.
17. Remain narrow-minded and inflexible. Avoid change at all costs.
18. Avoid cultivating self-understanding.
19. Set no goals and make no plans.
20. Keep work and play unbalanced.

